

DOMESTIC VIOLENCE AND COVID-19

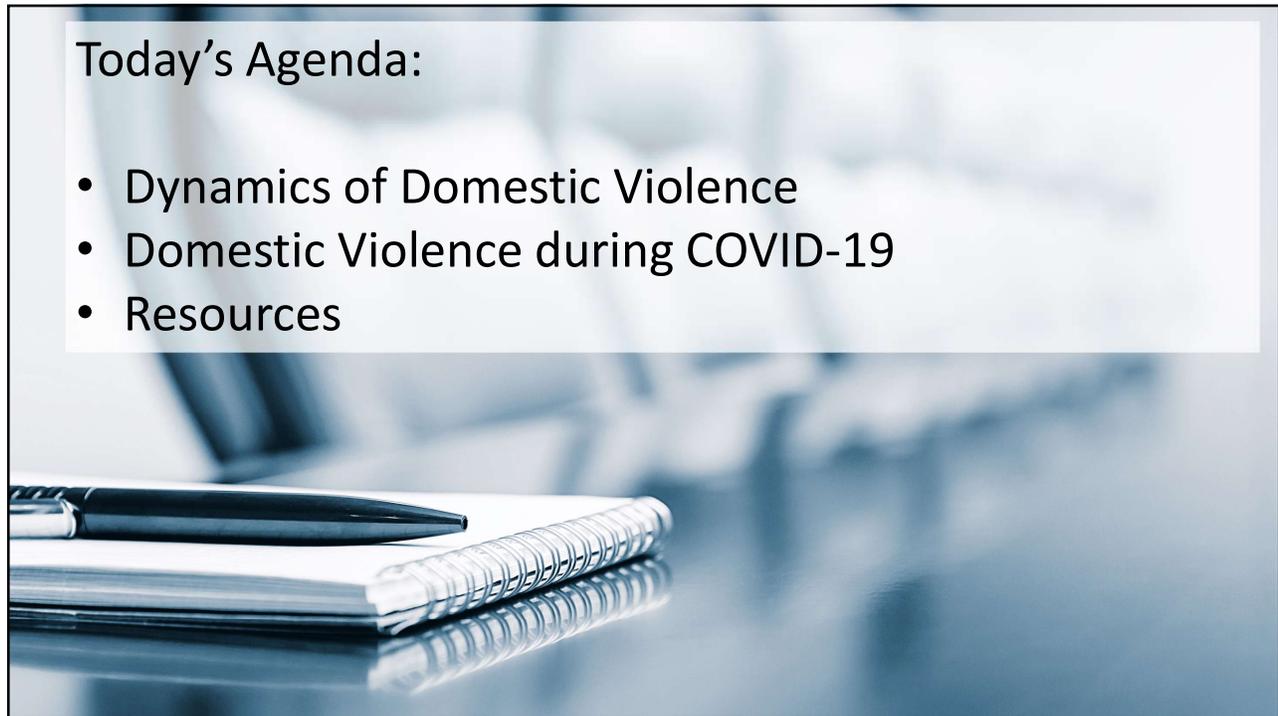
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Hello!

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What is Domestic Violence?

It is a pattern of behaviors used by one partner to **gain and maintain power and control** over another partner in an intimate relationship.

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Domestic Violence Statistics

- 20 people are physically abused **EVERY MINUTE**.
- More than **1 in 3 women** and more than **1 in 4 men** have experienced rape, physical violence and/or stalking.
- **1 in 3 teens** in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.
- An average of **10 protective orders per day** are filed in Montgomery County.

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Types of Violence

Physical Abuse

- Physical force with the intent to cause fear or injury

Emotional Abuse

- Non-physical behavior with the intent to diminish the other's dignity and self worth

Sexual Abuse

- Any action that pressures someone to do something sexually they don't want to do.



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Types of Violence

Technological Abuse

- Use of technology and/or social media to intimidate, harass or control

Stalking Abuse

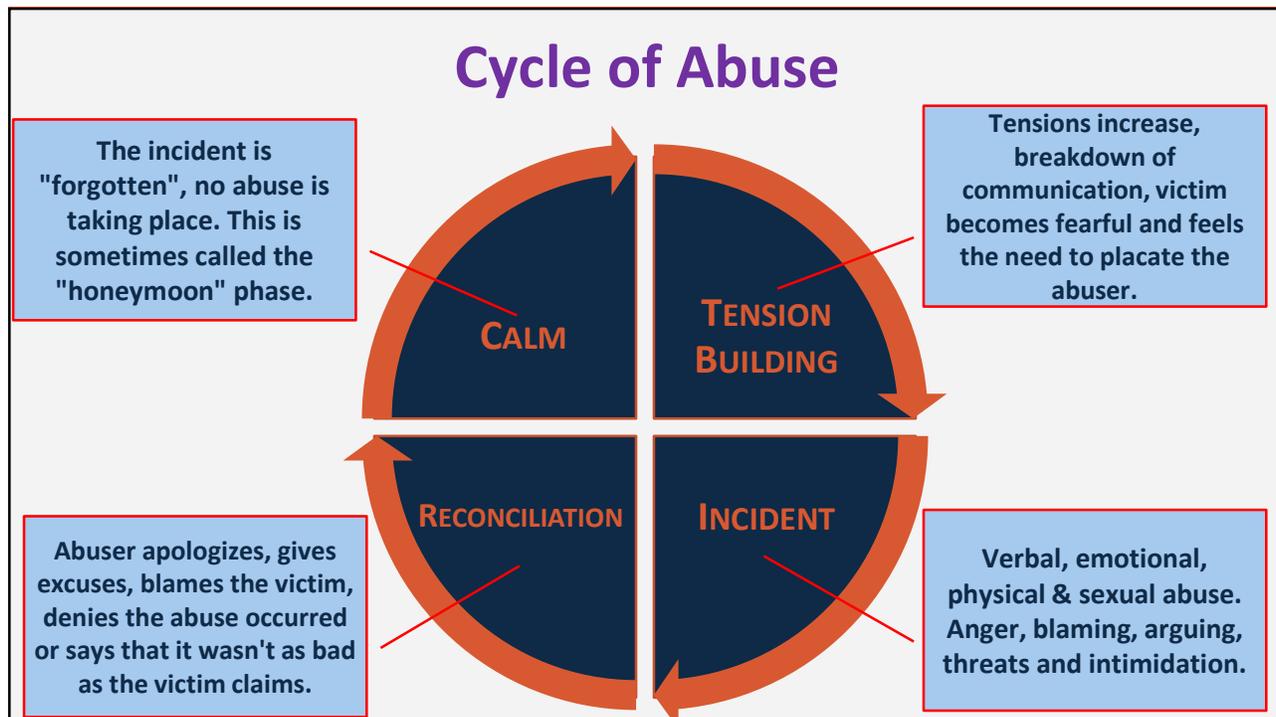
- Being repeatedly watched, followed, monitored or harassed

Financial Abuse

- Using money to control the other person



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Effects on Children

Witnessing domestic violence in the home can be a traumatic experience with lasting consequences on their mental and physical health.

- Frequent nightmares
- Fear and anxiety
- Reverting to an earlier stage of development
- Feel guilty, or believe that the abuse is their fault
- Poor school performance
- Difficulty with attachment

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#whyistayed

Because he had a young kid to take care of, and he had a job.
 My dad had a friend who was a doctor. He was a
 one of the first to get hit.

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Why Victims Stay

- Fear
- Isolation
- Children
- Love
- Lack of Money/Resources
- Cultural/Religious Reasons
- Language Barriers/Immigration Status
- Believing Abuse is Normal
- Fear of Being Outed
- Embarrassment or Shame
- Low Self-Esteem
- Disability

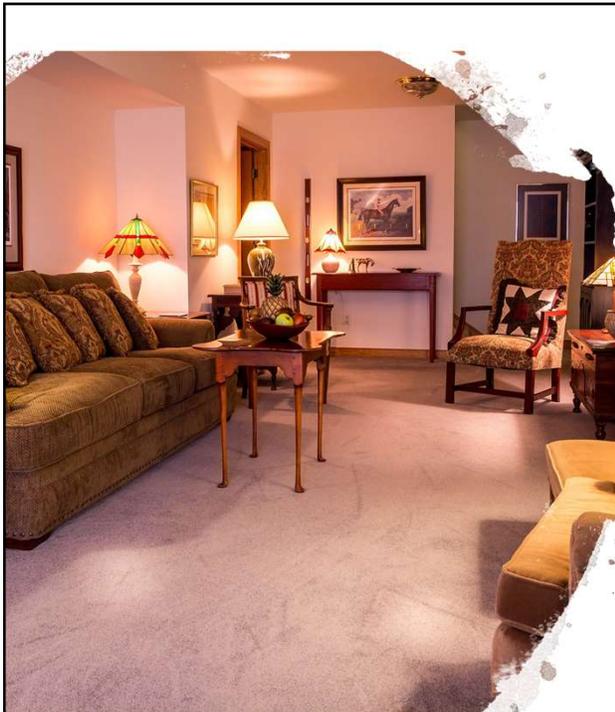
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**The most dangerous time for a victim
is when they try to leave.**



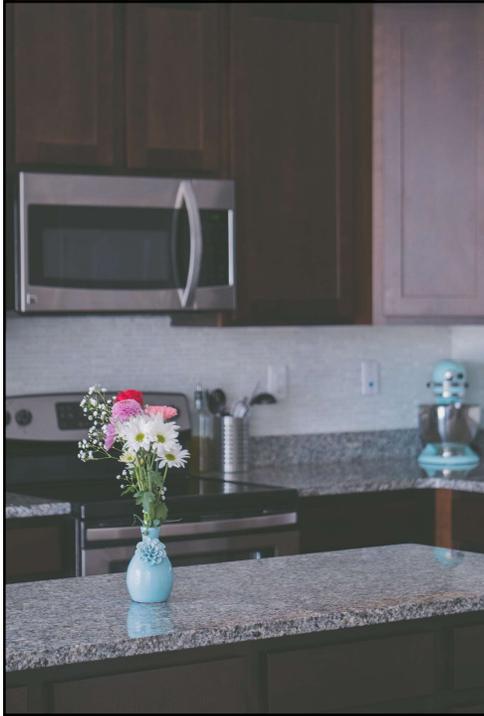
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Warning Signs (the Victim)

- Anxiety or fear
- Sensitivity about home life
- Apologetic or defensive
- Given up things they used to enjoy
- Spend less time with family or friends
- Constantly worried
- Weight and/or appearance have changed
- Injuries
- More critical of themselves

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Warning Signs (The Abuser)

- Extremely jealous
- Controlling
- Have an explosive temper
- Make false accusations
- Blame others
- Physically violent
- Possessive
- Very charming

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How to Help the Victim

- Be supportive and listen.
- Believe them.
- Give him/her time to open up.
- Do not make victim-blaming statements.
- Ask them how you can help.
- Refrain from telling the victim what to do.
- Refer the victim to the Family Justice Center.

Remember - you cannot "rescue" them.

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How to talk to the Abuser

- Approach them when they are calm.
- Be direct, firm and clear about what you have seen.
- Focus on the behavior.
- Tell them that their behavior is their responsibility.
- Avoid making judgmental comments about them as a person.
- Don't validate their attempt to blame others for their behavior.
- Never argue with them about the abusive actions.



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 A photograph of Tom Manion, Director of the Montgomery Co. Family Justice Center, speaking at a podium. He is wearing a blue suit jacket, a white shirt, and a blue bow tie. The podium features the logo of the Family Justice Center, which includes a scale of justice and the text 'FAMILY JUSTICE CENTER'.

Greetings!

Tom Manion, Director
Montgomery Co. Family Justice Center
 Thomas.Manion@montgomerycountymd.gov
 240-777-7075

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COVID-19 and Domestic Violence

- Avoiding public spaces and working remotely can help to reduce the spread of COVID-19
 - But what about those who aren't safe at home?
- Social distancing orders have the unintended consequence of cutting domestic violence victims off from their support systems



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COVID-19 and Domestic Violence

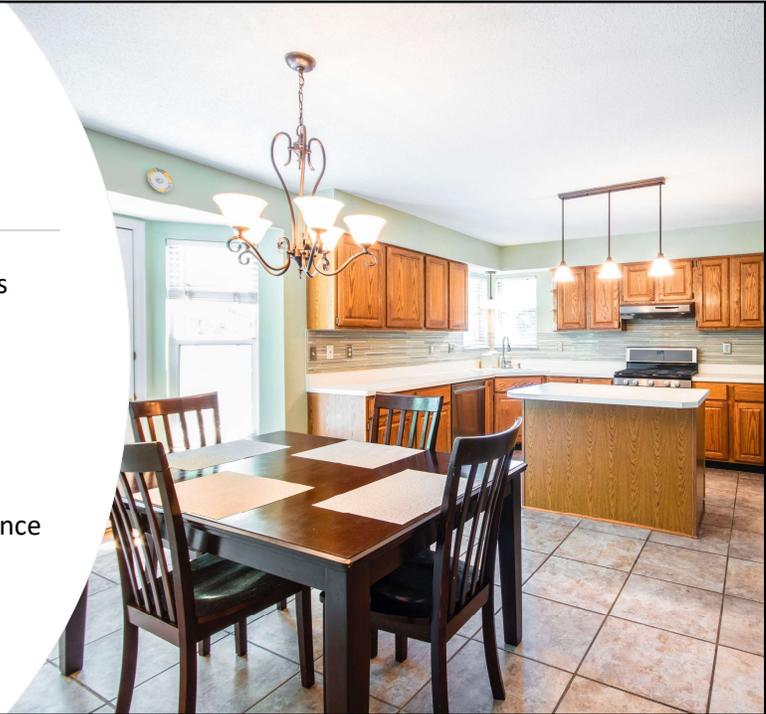
- People are being encouraged to switch to virtual or technology-based forms of communication, and yet abusers nearly always have access to their victims' cell phone, computer, tablet, social media accounts, etc.
- The abuser will now have more opportunities to exert power and control.



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Abusers may use COVID-19 to their advantage by:

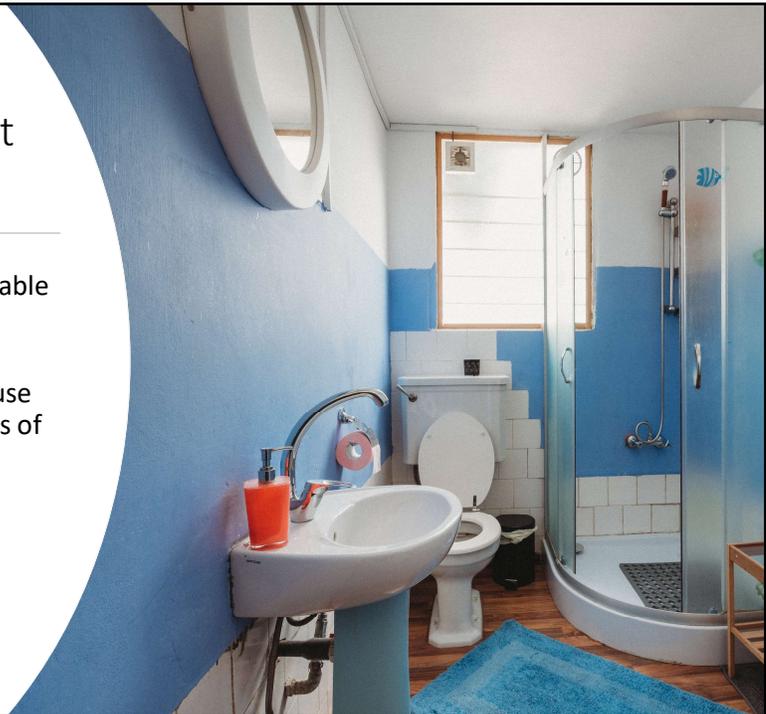
- Withholding necessary items, such as hand sanitizer or disinfectants
- Spreading misinformation about the pandemic to control or frighten
- Threatening to cancel medical insurance
- What are some other ways?



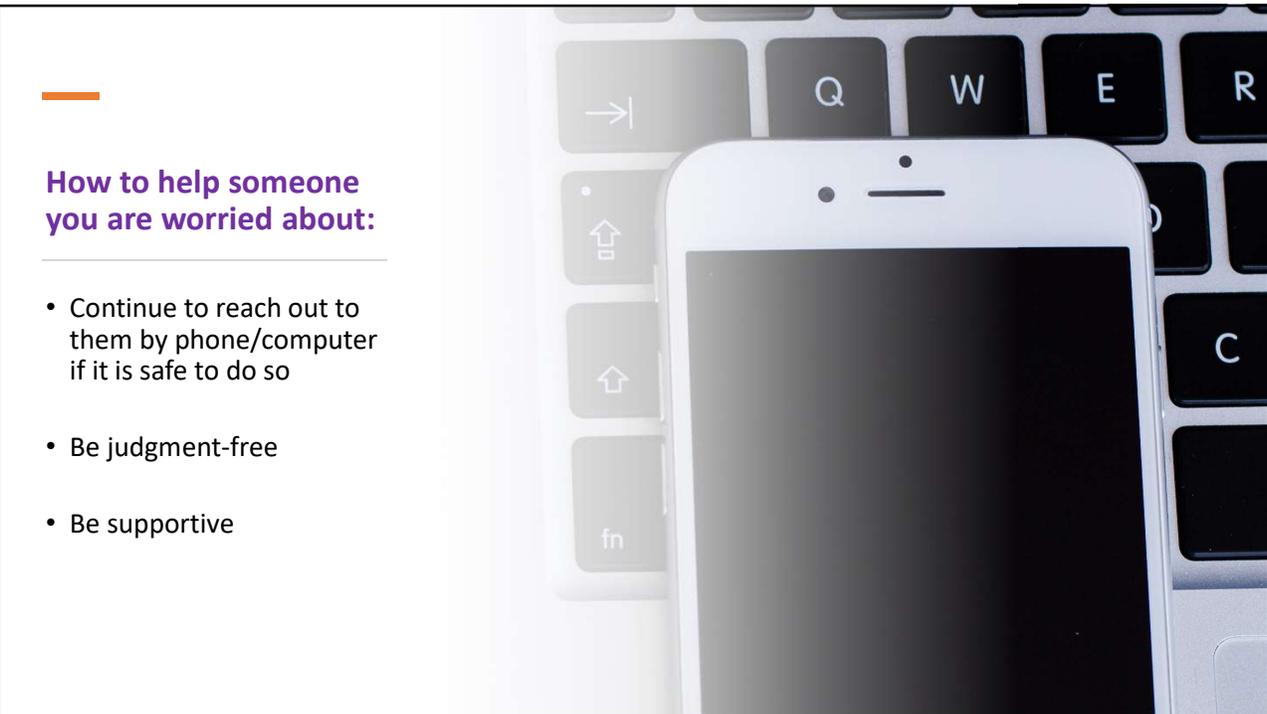
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Victims may not reach out for help because:

- They think that services are not available during the COVID-19 crisis.
- They may fear entering shelter because of being in close quarters with groups of people.
- Why else?



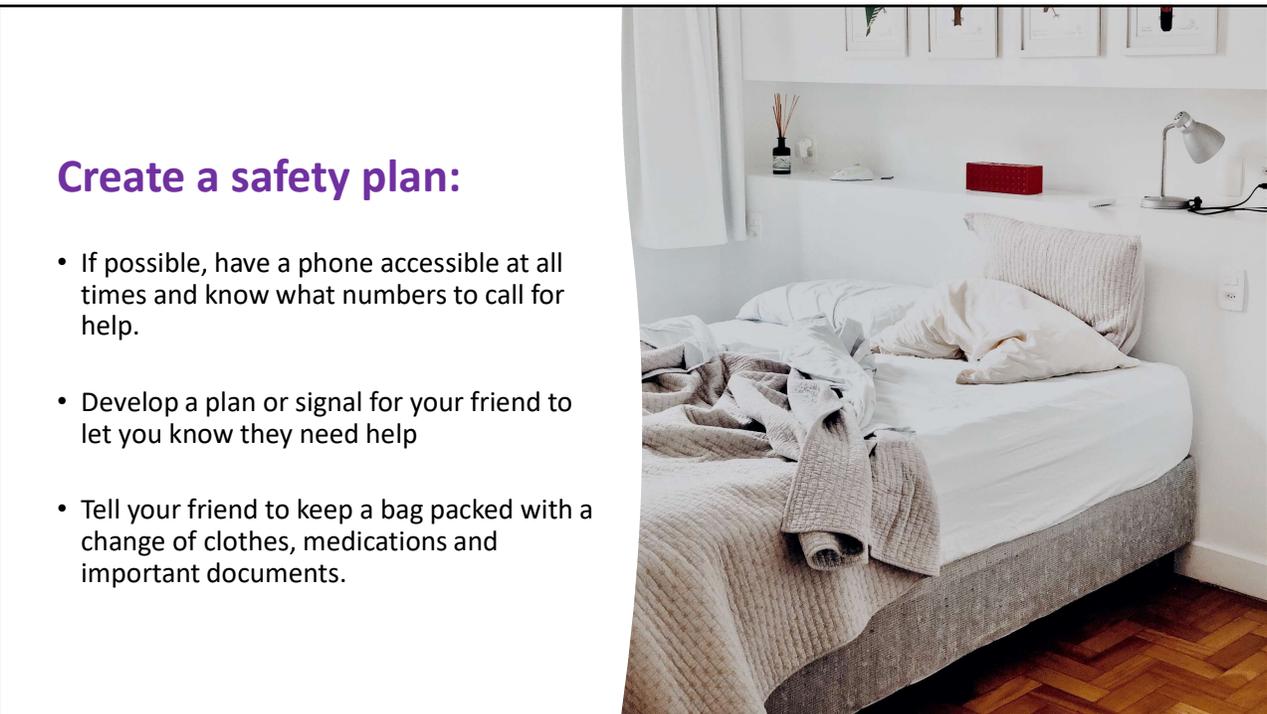
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How to help someone you are worried about:

- Continue to reach out to them by phone/computer if it is safe to do so
- Be judgment-free
- Be supportive

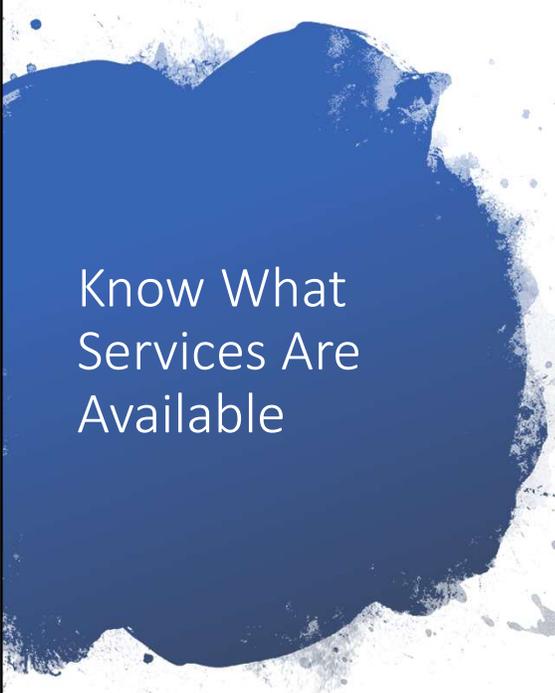
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Create a safety plan:

- If possible, have a phone accessible at all times and know what numbers to call for help.
- Develop a plan or signal for your friend to let you know they need help
- Tell your friend to keep a bag packed with a change of clothes, medications and important documents.

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Know What Services Are Available

Family Justice Center – 240-773-0444
safe@montgomerycountymd.gov
 (Mon-Fri, 8:30 – 5:00 pm)
 Help with safety planning, protective orders, legal assistance, counseling.

Montgomery County Crisis Center – 240-777-4000
 (24 hours)
 Help with crisis situations, and shelter placement.

District Court Commissioner’s Office
 (24 hours)
 191 East Jefferson St in Rockville
 File Protective Orders

National Domestic Violence Hotline
 (24 hours)
 800-799-7233
thehotline.org (to chat)
 Text LOVEIS to 22522

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The Family Justice Center Model

- San Diego, CA
- No single agency or program, working alone, can meet the need
- “Best Practice” –U.S. DOJ

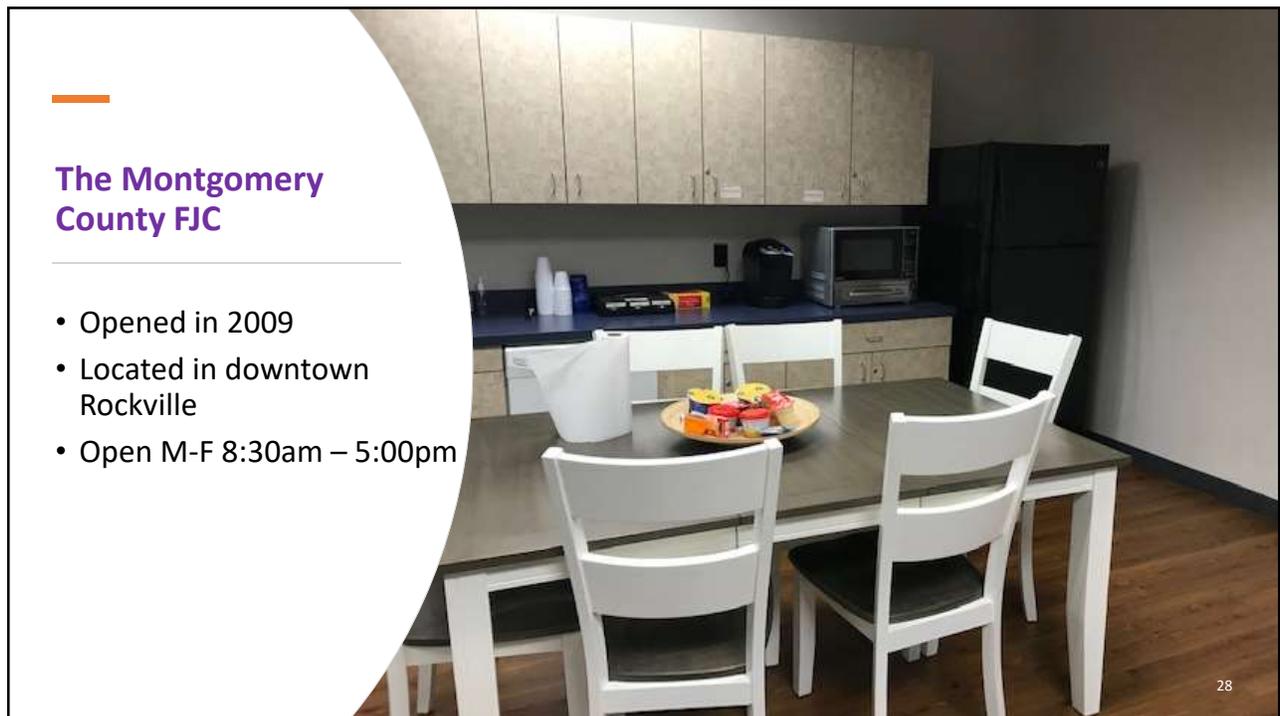


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**The Montgomery
County FJC**

- Opened in 2009
- Located in downtown Rockville
- Open M-F 8:30am – 5:00pm

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The Montgomery County FJC

- Who do we serve?
 - Any victim of intimate partner violence
 - Live in Montgomery County
 - Abuse occurred in Montgomery County
 - Juveniles under 18 require parental consent*



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The Montgomery County FJC

- Who do we serve?
 - Any gender
 - Any sexual orientation
 - Regardless of immigration status
 - Regardless of race, religion, or ethnicity
 - English fluency not required!



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12,000+
Victims Served since 2009

100
Different countries of origin

1,600 – 1,700
Unique clients served per year (and rising!)

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The Hallmarks of Our Center

- ✓ Secure
- ✓ Accessible
- ✓ Family-Friendly
- ✓ Client-Driven
- ✓ FREE

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Domestic Violence Client Assistants



SHERIFF'S OFFICE
CIVILIANS



BACKGROUND/
EDUCATION IN SOCIAL
WORK, PSYCHOLOGY,
COUNSELING, OR OTHER
HUMAN SERVICES FIELD



INITIAL AND PRIMARY
POINT OF CONTACT FOR
VICTIMS



SAFETY PLANNING,
PROTECTIVE ORDERS, BASIC
NEEDS, CONNECTION WITH
OTHER PARTNERS,
REFERRALS TO ADDITIONAL
OFF-SITE PROGRAMS

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Legal Services

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FJC Legal Service Providers



Immigration

Catholic Charities



Criminal

Montgomery County Police Dept.
Montgomery County State's Attorney's Office



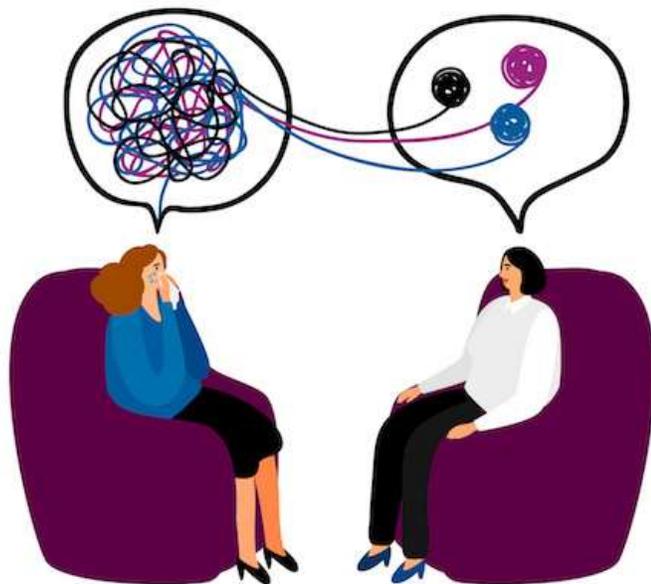
Civil

Montgomery County Sheriff's Office
DVS Legal Services
House of Ruth Maryland
Jewish Coalition Against Domestic Abuse
Abused Persons Program (MoCo HHS)
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Therapeutic Services



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FJC Therapeutic Service Providers

- Abused Persons Program (MoCo HHS)
- House of Ruth Maryland
- Jewish Coalition Against Domestic Abuse
- Pro Bono Counseling Project

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Other Services and Referrals Available

- Career Counseling
- Shelter referral
- Crisis Center referral
- Basic needs assistance (food, housing, etc.)
- Culture or religion-based assistance

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Services for Children

- Tree House Child Advocacy Center
- Safe Start
- Child Welfare Services



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Changes due to COVID-19

- FJC remains open
- Social distancing protocols in place
- Many staff are teleworking on a rotating schedule
- How our partner agencies handle altered operations

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How to get help

- Walk in: **600 Jefferson Plaza, Suite 500, Rockville, MD 20852**
- Call: 240-773-0444
 - After hours? Call 240-777-4000 (Crisis Center)
- E-mail: safe@montgomerycountymd.gov

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Questions?



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